## Welliess Giallenge

## Choose Alternatives to Emotional Reasons to Eat

Identify one to three alternative ways you can address an emotional need instead of eating. Note: You can choose to feed an emotional hunger or use a non-food technique. They are satisfying. They do work!

When	I feel DEPRESSED (instead of eating),
	I'll cry.
	I'll scream.
	I'll walk, escape, or run away (figuratively or literally).
	Instead of eating a large pizza, I'll have a small piece of my favorite dessert.
	I'll
When	I feel TIRED (instead of eating),
	I'll give myself permission to go to bed early.
	I'll exercise (it will wake you up and cure fatigueat least temporarily).
	I'll climb into bed with a good book.
	Instead of eating a piece of cake with icing, I'll have a piece of fresh fruit.
	I'll
When	I feel OVERWHELMED (instead of eating),
	I'll talk, complain, problem-solve or do something about it.
	I'll give myself permission to delegate.
	I'll take a breath; go for a walk and escape.
	Instead of eating a package of cookies, I'll go someplace where I can relax for a few
	minutes and have two cookies.
	I'll

When	I feel FRUSTRATED (instead of eating),
	I'll say I'm mad, stressed or frustrated.
	I'll give myself permission to do something else (i.e. exercise) for a while and come back
	to the situation later.
	I'll make an appointment with myself to think and deal with it tomorrow.
	Instead of eating a large steak, I'll trim off the fat and eat a small steak.  I'll
When	I feel WORRIED (instead of eating),
	I'll ask myself two questions: What is the worst thing that could happen? How many times will that really, really happen?
	I'll imagine the situation turning out the way I want it to. I'll STOP seeing, hearing and feeling it turning out wrong (i.e. worrying). For example, I'll picture myself giving the speech very well. Hear myself calmly and effectively saying what needs to be said. Feel myself handling the situation just as I would like to.
	I'll read about the situation. Thousands of other people have already faced my situation and scores have written about how they successfully handled it.
	Instead of nervously munching on chocolate-covered peanuts, I'll munch on unbuttered popcorn.
	I'll walk, run, hike, swim, etc, to sharpen my mind to address the challenges in my life.
	I'll
When	I feel HAPPY (instead of eating),
	I'll celebrate by calling, talking or exercising with a friend, co-worker or relative.
	I'll laugh, tease, or spend money. I'll do something that is fun and enjoyable to me.
	I'll make plans for an afternoon or evening out (go to a movie, listen to a concert, visit a
	friend, go shopping, etc).
	Instead of eating a hot fudge sundae, I'll have a single scoop of ice cream without the
	fudge.
	I'll

When	I feel GUILTY (instead of eating),
	I'll question the standard that I am accepting as RIGHT. Is it <i>really</i> right for me, now, in our society or in this situation?
	I'll realize that tomorrow is a new day and I can change.
	I'll talk the situation over with a good friend – others can sometimes help me see things
	more realistically. I am sometimes too hard on myself.
	Instead of eating a triple cheeseburger, I'll order a small hamburger.
	I'll
When	I feel DEPRIVED (instead of eating),
	I'll spend money on myself.
	I'll ask someone to love me.
	I'll do something nice for myself (i.e. take a long leisurely bubble bath, spend the
	afternoon in the shade with a good book, finish that project I've been working on, spend a
	day with the kids, etc.)
	Instead of drinking an alcoholic beverage, I'll consume a low-calorie, non-alcoholic drink that I truly enjoy.
	I'll
When	I feel like DOING SOMETHING SPECIAL FOR THE KIDS (instead of feeding them),
	I'll talk with them, share jokes, and laugh together.
	I'll take them to a special place and enjoy it with them.
	I'll play with them.
	Instead of buying them candy bars I'll buy them frozen gelatin pops.
	I'll
When	I feel EXCITED, READY FOR ADVENTURE, (instead of trying a new dish),
	I'll get out the travel logs and begin planning.
	I'll try a new hobby.
	I'll try a new sport or exercise.
	I'll try de-calorizing a new or old favorite recipe.
	I'll

When I feel like I deserve a TREAT, (instead of eating),		
	I'll read the latest issue of my favorite magazine, watch a videotape, or go to a movie. I'll go buy myself something special. I'll call a friend.	
	I'll make myself a cup of tea or sugar-free cocoa.	
	I'll	
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When I feel CONFUSED, (instead of eating),		
	I'll talk with a religious leader, counselor, or friend, and I'll pray or meditate about it.	
	I'll write down all the pros, cons and possibilities to help sort out things.	
	I'll get involved in some other project or activity for a while and take some time to think.	
	Instead of eating a donut when I'm not really hungry, I'll munch on a few pretzels or a	
	piece of fruit.	
	I'll	
When I feel like I deserve a TREAT, (instead of eating),		
	I'll treat myself to an enjoyable exercise opportunity.	
	I'll go someplace special and enjoy myself.	
	I'll give myself a whole day to do whatever it is that is rewarding for me.	
	Instead of ordering a pizza, I'll pick up some carryout stir-fry.	
	I'll	
When I feel LONELY (instead of eating),		
	I'll call a friend.	
	I'll go to my church, synagogue, chapel or golf course.	
	I'll say to myself "It's O.K. to be alone" and mean it.	
	Instead of eating half a pound of chocolate, I'll have two chocolates for dessert after	
	dinner.	
	I'll	

EMOTIONAL HUNGERS GO AWAY WHEN WE EAT, BUT THEY ALSO GO AWAY WHEN WE SELECT NON-FOOD ALTERNATIVES.

